

Management Staff

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Executive Director

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Registry Manager

Myette Christian
Training Coordinator

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Mary Ann McAllister
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Rhonda Henriksen
Barstow/Lucerne

Sophia Hernandez-Leylas
Ontario

Marisol Vizcarra
San Bernardino

Anna Carnaval
Fontana/Rialto

Miriam Estrada
Yucca Valley & Mountains

Registry Office Assistants & Areas

Peter Gonzalez
Ontario

Marisela Rios
Yucca Valley, Barstow & Lucerne

Haydee Duncan
San Bernardino

Priscilla Contreras
Victorville

Peter Gonzalez
Fontana & Rialto

Health Benefits Unit & Specialists

Jamie Naughton
Worker Comp/Health Benefits
(IEHP ONLY)

Shanna Huffmon
Income & Employment Verification

Training

Suzanna Wells
Training Clerk



Helen Lopez,
Executive Director

It's that time of year again when the Governor announces his plans

for the State of California budget in the coming fiscal year – the time when many of us in the Public Human Services business – including IHSS – are holding our breath to see what possible threats to funding we will have to face in the coming year. This year, we were a little surprised that the Governors' January proposal included a plan to IMMEDIATELY freeze the state's contribution to IHSS wages at the January 10th level. This would mean that any bargained for raises in IHSS worker wages would have to be fully funded between the Federal Government and the County – in other words, the 20 cent raise (to \$9.05) scheduled for April 15th for

San Bernardino County workers would be greatly at risk, as local funds set aside for the raise would not be sufficient to fund it entirely. The County is not able to pay both their own share and the State's share.

Happily, for the moment at least, the Governor's office seems to have pulled back from this position, and is still seeking legislative authority to limit their contribution toward the IHSS wage formula. Should they be successful, it may well reduce the wage increases scheduled over the next few years. But for the local wage will go up to \$9.05/hr as scheduled April 1, 2007.

It is time again to rally, as IHSS Workers, to call the State Capitol and let them know how important your work is, and how important the raises that you have bargained for in your MOU are. We encourage all of you to participate in any way you can to assure the future of IHSS wages.



Avoiding Burnout

Providing care for a loved one can be stressful. When caregivers don't attend to their own needs, they lose the ability to care for their loved one in need...



THE SIGNS OF BURNOUT

IRRITABILITY. You snap at people for small things; you lose patience easily.

WITHDRAWAL. You don't stay in touch with friends and activities like you used to.

FATIGUE. You are constantly tired and exhausted.

INSOMNIA. You have a hard time getting to sleep, staying asleep, or sleep restlessly.

APATHY. You feel numb and must force yourself to do routine caregiver tasks.

APPETITE CHANGES. You eat more than you used to, or don't feel like eating anything.

INCREASED SUBSTANCE USE. The only relief you can get is from alcohol, drugs, or smoking.

FEELINGS OF GUILT. You think you are not doing enough, or you feel resentment for the amount of work you're doing.



WHAT TO DO

In order to care for someone else, you must take care of yourself. Your mental and physical health is just as important as the patient's, so it's important to recognize your limits. Be aware of how much you can do, as well as what you cannot do. You are not super-human. Don't feel guilty when you take time to re-energize yourself.

1. Exercise. Even if you do not have time for a formal workout, incorporate exercise into your daily routine. For example, take a walk around the doctor's office or hospital grounds during the patient's appointment.
2. Eat properly. Many times caregivers are so absorbed in preparing patient meals, they neglect their own nutritional needs.
3. Read. For pleasure, or for information, reading can be a wonderful outlet for stress and anxiety.
4. Get a massage. Many people think that they need to spend all their money on medical bills and if they spend money on personal needs, they feel guilty. Getting a massage may not be that expensive. Many major cities have massage schools with low-cost student clinics.
5. Pursue hobbies. Don't lose touch with the things that gave you pleasure before your loved one became ill. Whether it is gardening, music, or art classes, continue to do what brings you joy, even if it is less frequent than before.
6. Practice relaxation techniques. Whether it's progressive muscle relaxation, visual imagery or deep breathing, anyone can incorporate these skills into their daily lives. Many stress management workshops and books are readily available.
7. Keep a journal or diary. It's helpful to use this as a way to keep track of what you are going through and how you are feeling.
8. Tap into your support network. Don't be afraid to ask for help. Many people want to help, but don't know what to offer. Ask friends, relatives, neighbors, co-workers, or people in your church or synagogue to help out with some tasks.
9. Blow off steam. Go to the movies, go to dinner, have fun, play games. It's okay to escape and not focus all your energy on your loved one's illness. They want you to be able to enjoy life.
10. Join a caregiver's support group. It's important to connect with people who share similar experiences.
11. Call the training information line (909) 386-3067 for the next caregiver wellness class at the Public Authority



UPCOMING CLASSES

March 2007

Hearing Loss	You will learn how to communicate effectively with someone who has hearing loss.	Tue 03/20/2007 Yucca Valley IHSS	Class ID# 19638	10:00a.m.- 12:00p.m.
Caring for someone with Mid-Late Alzheimer's	Discusses some typical issues that occur in the mid to late stages of Alzheimer's disease. It will help you find solutions that can be applied to your own care giving situation.	Tue 03/27/2007 Victorville IHSS	Class ID# 19639	1:30p.m.- 3:30p.m.
CPR/First Aid	8 hrs 8:30am-4:30pm for basic adult CPR and First aid Techniques. Students will receive certification cards after completion of course.			
		Tue 03/27/2007 Barstow TAD	Class ID# 19626	8:30am-4:30p.m.

April 2007

Aphasia	Teaches the importance of communication and defines aphasia and its effects.	Tue 04/10/2007 Victorville IHSS	Class ID# 19641	1:30p.m.-3:30p.m.
CPR/First Aid	8 hrs 8:30am-4:30pm for basic adult CPR and First aid Techniques. Students will receive certification cards after completion of course.	Mon 4/23/2007 Mon 4/23/2007 San Bernardino IHSS	Class ID# 19970 Class ID# 19970	8:30am-4:30p.m. 8:30am-4:30p.m.
		Wed 04/18/2007 Victorville PERC	Class ID# 19624	8:30am-4:30p.m.

- Call the PA information line at (909) 386-3067 for additional class information.
- To register call the "Call Registrar" at (909) 388-4110

IHSS Providers W-2 FORMS

The State had until January 31st to mail out all W-2's; plus time allowed for mail delivery. If you have moved, worked only part of the year, or are not currently working and did not submit a signed copy of your new address in writing, the State will mail the undelivered W-2's to the IHSS office.

Providers may call IHSS to inquire about your W-2 if you have not received one. In addition, a request can be made to the IHSS office for replacement or duplicates of W-2's beginning February 15, 2007.

Plan ahead as a replacement W-2 can take several weeks for the State to send. Also, if you work with more than one IHSS recipient, please keep all of your current W-2's together in a safe place until it is time for you to file your taxes.

For more information on taxes, call:

(888) 745-3886	State EDD
(800) 829-1040	IRS
(800) 852-5711	State Franchise Tax Board
(909) 388-4502	IHSS

For upcoming CPR/First Aid Trainings, please call the training information line at
(909) 386-3067
or go on the web at
<http://hss.co.san-bernardino.ca.us/PA/>

CPR/First Aid



PROVIDERS PAYCHECK DEDUCTIONS

As the Public Authority receives many inquiries about paycheck deductions, tax withholdings and W-2's; we would like to provide you with some informational phone numbers regarding those inquiries, as follows:

Social Security (FICA): Automatic deduction for all providers over 18, EXCEPT parents of recipients. **(800) 772-1213**

Medicare: Automatic deduction for all providers over 18, EXCEPT parents of recipients. **(800) 772-1213**

State Disability Insurance (SDI): Automatic deductions for all providers, EXCEPT parents, spouses or children of recipients. Parents, spouses or children of recipients can elect to participate in the SDI program by obtaining a form from the recipient's Social Worker. Coverage applies to participating providers who earn more than \$750 per quarter. **(800) 480-3287**

Unemployment Insurance (UI): No deduction. Benefits are automatically available to eligible providers EXCEPT parents or spouses of recipients. **(800) 300-5616**

Worker's Compensation: No deductions. Benefits are automatically available to eligible providers. **(800) 736-7401**

Federal/State Income Tax: No Automatic deductions. YOU MUST REQUEST THAT TAXES BE WITHHELD BY COMPLETING A W-4 Form and submitting it to your Social Worker. The State will determine your eligibility to have taxes withheld ONLY after you make the request. State and Federal Tax withholding is STRICTLY VOLUNTARY, YOU ARE STILL REQUIRED TO FILE AN INCOME TAX RETURN AND PAY TAXES ON YOUR EARNINGS. **(800) 829-1040 Fed; (800) 852-5711 State**

W-2's: These tax documents are the statements that employers provide to employees informing them of their annual earnings and withholdings; which are mailed to the provider's address of record by the State. ADDRESS CHANGES AND REQUESTS FOR DUPLICATE W-2'S SHOULD BE DIRECTED TO DAAS PAYROLL CLERKS. The payroll clerk will then submit your request to the State.

Note: Please keep in mind that your employer is the client(s) that you work for; the county, Public Authority nor the State is your employer. They only provide certain services to assist recipients and providers; as well as, facilitation of payments for services.

Registry Stats

From Jan. 1, 2007 — Jan. 30, 2007

New Clients to the Registry	54	New Provider Applications received	30
Total # of Hires	127	Available providers	1129

New Staff



Sophia Hernandez – comes to us with county experience and will be stationed in the Ontario office as our Registry Specialist. Sophia has extensive customer service experience and will assist clients in finding a provider.



Peter Gonzalez – is new to the county and the Public Authority. He has extensive customer service experience. Peter will be responsible for the Fontana/ Rialto area and will be stationed in the San Bernardino office as a Registry Clerk. Peter will assist providers with applications and updates.

Humor

Patient to Doctor:

I hate this place. They treat me like a dog.

Doctor to Patient:

You know that's not true. Okay, now roll over.



Have You Heard?

On December 18, 2006 all Registry providers were mailed the new Qualifying Criteria for the Public Authority Registry.

The Public Authority Registry now requires all registry providers approved within the last year to have a current CPR/First Aid card within 12 months of becoming available to remain on the PA Registry (**Category A**); and all previously approved providers to have proof of CPR First Aid certification on file by May 31, 2007 (**Category B**).

The PA provides free CPR training throughout the County in order for you to meet this requirement, or you may provide a current CPR/First Aid card if you have received or would like to complete the training somewhere else.

Which Category are you in?

CATEGORY A

Provider's who became available on the registry between the dates of March 2006 and March 2007 without a current CPR/First Aid card on file, must provide our office with a copy of the card or complete CPR/First Aid training before they have been on the registry for 1 year.

CATEGORY B

Provider's who became available on the registry between the dates of February 2003 and February 2006 without a current CPR/First Aid card on file, must provide our office with a copy of the card or complete CPR/First Aid training within 3 months of this notice.

Effective February 1, 2007 all new registry providers must have or complete CPR/First Aid training before they will be placed as available on the registry.

If you need to know which category you fall into, please contact our office @ (866) 985-6322.

Advertisement

Do you need a private care provider? If so, here's a list of providers who are from the Public Authority Registry that are also available for private pay services. The client makes payment arrangements directly with the provider. The Public Authority does not refer providers for private pay and therefore is not responsible if you choose to hire them privately.

San Bernardino Area

- Trishine Lockett
Home (909) 636-5454
Cell (909) 910-5975
- Roma Murphy
Cell (909) 644-2834
- Gloria Pryor
(909) 770-0132 or
(909) 888-2955

Victorville Area

- Irma Gomez
(760) 530-1382 or
(760) 900-1232
- Brenda Ramirez
(760) 245-7653
- Venea Tunstell
(760) 949-7177
- Penny Bailey
(760) 948-0370
- Maria Ibarra
(760) 956-8475
- Amalia Aguilar
(760) 247-7829
- Leslie Molina
(760) 947-3382
- Forest Simpkins-Ellis
(909) 659-8676

Barstow Area

- Stephanie
- Forest Simpkins-Ellis
(909) 659-8676

Cont.

Victorville Area

- Donisco
(760) 253-5436
- Anita Hernandez
(760) 949-5999

Ontario Area

- Rhonda Vann (CNA)
Home (909) 428-1223
Cell (562) 505-7927
- Victor Harry
(951) 201-9565

Needles Area

- Pamela Barrios
(760) 684-7436
- Tina Baumgartner
(760) 326-4856
- Maria Corella
(760) 326-6963
(760) 902-4032
- Maryann Davis
(760) 326-9120
- Carmela Anspach
(760) 326-5176
- Brittney Clayton
(928) 243-6146
- Cheryl Craig-Miller
(928) 758-5413

SAN BERNARDINO DIRECTORY

Abandoned or
Dangerous Building/
Abandoned or
Inoperative Vehicle
(909) 384-5205

Broken/Burned Out
Street Light/ Missing/
Damaged Sewer or
Drain Cover
(909) 384-5129

Damaged Bus Shelter
or Concrete Bench
1-800-966-6428

Dead Animal
(909) 384-1304

Fallen Tree in Street/
Uncollected Trash
(909) 384-5335

Graffiti
(909) 384-5250

HI-CAP-Health
Insurance Counseling
and Advocacy Program
1-800-434-0222

Loud Noise/ Nuisance
Pay Phone/Nuisance
Bar/ Belligerent Person
(909) 383-5311

Occupied Lot
(909) 384-5205

Open Fire Hydrant
(909) 384-5095

Overflowing Dumpster
(909) 384-5335

Pot Hole Damage
(909) 384-5045

Public Defenders
(909) 387-8373

Public Health
1-800-637-6280
1-800-722-4794

Rats
(909) 388-4600

Suspected Arson
Emergency 9-1-1
Information
(909) 384-5388

Vacant Lot
(909) 384-5100

Shopping Cart
1-800-252-4613

Street Traffic Problem
(909) 384-5245

Sidewalks
(909) 384-5045

Senior Information &
Assistance
1-800-510-2020

Senior Employment
(909) 891-3913

SEIU 434B
1-888-373-3018

Trash/ Weeds/Sewer
Overflow or Flooded
Street or Clogged
Storm Drain
(909) 384-5045

Trash or Debris on
Private Property
(909) 384-5205

Tree Limb in Electric
Wire
1-800-611-1911

United Way
#2-1-1

Unsanitary Animal
Condition
(909) 384-1304

Water Quality
(909) 384-5139

Water Service or Leaks
(909) 384-5141

Fraud Line
1-800-547-9540

PRSRT STD
U.S. POSTAGE

PAID

San Bernardino, CA
PERMIT No. 1677

600 N. Arrowhead Ave. STE 100
San Bernardino, CA. 92415-0034
Phone: (866) 985-6322
Fax: (909) 386-3071
TDD: (909)386-5080



IHSS Public Authority

600 N. Arrowhead Ave Ste 100
San Bernardino, CA 92415-0034

TOLL FREE
1-866-985-6322

Phone:
909-386-5014

Fax:
909-386-3071

Email
sjara@hss.sbcounty.gov

Visit us @

<http://hss.co.san-bernardino.ca.us/PA/>